NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES
Directed Health Measure Order 2020—SEHD-005

Pursuant to Neb. Rev. Stat. §§ 71-502 and 81-601 and Title 173 Neb. Admin. Code Ch. 6 the Nebraska Department of Health and Human Services ("Department") may exercise its authority to order Directed Health Measures necessary to prevent the spread of communicable disease, illness, or poisoning. The objectives of this order are to reduce morbidity and mortality; minimize disease transmission; protect health care personnel and preserve health care system functioning.

Having reviewed information from the United States Department of Health and Human Services Centers for Disease Control and Prevention ("CDC"), local public health departments, treating health care providers and health care facilities, and other public health, security, and law enforcement authorities; having consulted with medical and communicable disease control personnel of the Department; and having considered directives and guidelines issued by the CDC and other public health authorities, the Director finds as follows:

> That a member or members of the public have been exposed to a communicable disease known as COVID-19; there are now confirmed cases of "community spread" or "community transmission" of COVID-19 in the areas subject to this Directed Health Measure.
>
> That multiple areas of the United States are experiencing "community spread" of the virus that causes COVID-19. Community spread, defined as the transmission of an illness for which the source is unknown, means that isolation of persons traveling from known areas of infection is no longer enough to control spread.
>
> That exposure presents a risk of death or serious long-term disabilities to any person; the exposure is wide-spread and poses a significant risk of harm to people in the general population; there is a particular subset of the population that is more vulnerable to the threat and thus at increased risk; and the threat is from a novel infectious disease.
>
> That the immediate implementation of the following Directed Health Measures is necessary to ensure that members of the public do not gather in large numbers, in close proximity to each other, or in enclosed spaces, thereby endangering the health of themselves and the public.
>
> That one of the goals of the following Directed Health Measures is to minimize in-person interaction, which is the main means of transmission of COVID-19.

That gatherings, entertainment venues, restaurants, and bars increase and encourage talking, touching, and other social interaction in environments with a multitude of hard surfaces.

That requiring individuals who test positive for COVID-19 or who have the following symptoms—fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of shortness of breath—to home-Isolate, unless Isolated in a health care facility, for a period of no less than ten (10) days from the date of the first-positive test or onset of symptoms per attached Quarantine and Isolation Directions is the least restrictive practical means of Isolating those individuals that effectively protects unexposed and susceptible individuals. Home-Isolation shall be per the attached Quarantine and Isolation Directions. Individuals with the above-listed symptoms who have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition are **not** subject to Isolation under this Order.

That requiring individuals who have had Close Contact (see attached Quarantine and Isolation Directions definitions) to home-Quarantine, unless Quarantined in a health care facility, for a period of no less than fourteen (14) days from the date of their last exposure to a person who tested positive or exhibited or exhibits the above symptoms per attached Quarantine and Isolation Directions is the least restrictive practical means of Quarantining those individuals that effectively protects unexposed and susceptible individuals. Home-Quarantine shall be per the attached Quarantine and Isolation Directions. Individuals who have had Close Contact with individuals who have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition are **not** subject to quarantine under this Order.

That a home-Isolation and Quarantine will allow the most freedom of movement and communication with family members and other contacts without allowing the transmission of COVID-19 to others, and a home-Isolation or Quarantine will allow the appropriate level of medical care needed for the quarantined individuals unless it is necessary to admit the Isolated or Quarantined individuals to a health care facility.

That hospital capacity and health care resources including health care personnel hours and/or medical supplies, such as personal protective equipment, are being depleted by elective surgeries and elective procedures and that a shortage of hospital capacity or health care resources will hinder efforts of health care personnel and health care facilities to treat persons who test positive for COVID-19.

That a delay in the imposition of an effective Directed Health Measure would significantly jeopardize the ability to prevent or limit the transmission of COVID-19 or pose unacceptable risks to any person or persons.

That the following Directed Health Measures have been identified as effective against public health threats by the CDC and other similar public health authorities to effectively prevent, limit, or slow the spread of COVID-19.

I. Based on conditions in the following areas, the following Directed Health Measures are hereby ordered for Otoe, Johnson, Nemaha, Pawnee and Richardson counties, effective 12:00 AM, August 1, 2020 and continuing through 11:59 PM, August 31, 2020; unless renewed, extended, or terminated by subsequent order, all persons in all the aforementioned county(s) are ordered to comply:

1. Gatherings are hereby restricted;

   A gathering is defined as any event or convening that brings together more than ten (10) patrons, customers or other invitees, excluding staff, in a single room or single space at the same time, including but not limited to, pre-schools, fairgrounds, fairs, festivals, auditoriums, stadiums, arenas, large event conference rooms, meeting halls, libraries, in-door or out-door arenas, tracks, bowling alleys, zoos, aquariums, swimming pools, or any other confined indoor or outdoor space.

   Gatherings are restricted to: fifty percent (50%) for an indoor facility's applicable rated occupancy (excluding staff) or seventy-five percent (75%) for outdoor facility of the applicable rated occupancy (excluding staff). No gathering may exceed 10,000 individuals.

   Any one party at a gathering may not exceed eight (8) individuals.

   Parades, carnivals, midways, dances (excluding dance recitals), street dances, and beer gardens are prohibited. Processions of occupied motor vehicles in which occupants do NOT leave their vehicle and attendees do NOT line the street or gather to watch ARE permitted. Dancing is permitted at private events (events with set invitee lists, i.e. wedding receptions, proms etc.).

   Drive-in movie theatres may open at full capacity so long as parties remain in their vehicles while viewing the movie and lines for concessions and restrooms areas must have an environment where patrons and staff maintain social distancing (a distance of six feet away from other persons) whenever possible.

   Plans for Reopening: Except in counties with a population of five-hundred-thousand (500,000) or more, venues with a rated capacity of five-hundred (500) or more individuals must submit a "plan for reopening" to the applicable Local Public Health Department BEFORE reopening, the plan must contain at a minimum the following: planned number of guests/attendees, how the venue will meet applicable social distancing guidelines, sanitation guidelines and any other applicable DHM requirement. All plans must be approved by the Local Public Health Department prior to reopening. "Plans for Reopening" previously submitted under prior DHMs will need to be resubmitted for approval, if venues intend to exceed the prior DHM's occupancy (gathering) restrictions.

For counties with a population of five-hundred-thousand (500,000) or more individuals, venues with a rated capacity of one-thousand (1,000) or more individuals must submit a "plan for reopening" to the applicable Local Public Health Department BEFORE reopening, the plan must contain at a minimum: planned number of guests/attendees, how the venue will meet applicable social distancing guidelines, sanitation guidelines and any other applicable DHM requirement. All plans must be approved by the Local Public Health Department prior to reopening. "Plans for Reopening" previously submitted under prior DHMs will need to be resubmitted for approval, if venues intend to exceed the prior DHM's occupancy (gathering) restrictions.

For the purpose of clarity, a gathering does not include normal operations at airports, bus and train stations, health care facilities and services (as defined in the Health Care Facility Licensure Act NEB. REV. STAT. §§ 71-401 to 71-475), other mental health and/or substance use treatment day programs which are not required to be licensed (such as Day Rehabilitation or Day Treatment), shopping malls and centers, or other spaces where ten or more persons may be in transit. It also does not include typical office environments, factories, or retail or grocery stores where large numbers of people are present but it is typically unusual for them to be within six feet of one another. It also does not include events at which members of the media may need to be present, courts of law, public utilities, state, county, and city operations, election offices and polling places on election day, logistics/distribution centers, or family residences housing ten or more people. It also does not include religious services (see Religious service section below). However these settings are directed to use heightened, diligent and effective disinfection of exposed surfaces meeting the directions of the Nebraska Department of Health and Human Services, Centers for Disease Control and Prevention and the Environmental Protection Agency.

2. Specific Venue (non-gathering) restrictions; The following venues are NOT subject to the general gathering requirements:

   Venues such as fitness centers/clubs, gymnasiums, gyms, school-gyms/weight rooms, health clubs, health spas, martial arts studios, and gymnastics gyms shall be limited to seventy-five (75%) of rated occupancy.

   Beauty/nail salons, barber shops, massage therapy services, tattoo parlors/body art facilities shall require the use of masks, or other item sufficient to cover an individual's mouth and nose, for all staff, practitioners and patrons. Patrons receiving services on or to the face directly may unmask for the duration of the service. These locations/services shall further be limited to seventy-five percent (75%) of rated occupancy.

Restaurants, bars, taverns, private clubs, bottle clubs, and gentleman clubs, regardless of name or characterization, shall limit parties to no more than eight (8) individuals. Parties must be seated at tables, unless ordering, using restrooms, playing or participating in games. Items should not be shared or distributed between different dining parties or tables. Carry-out, drive-through, and delivery are permitted. Self-service buffets and self-service food bars are prohibited. Lines for carry-out, drive-through, restrooms and ordering in the above-referenced establishments must have an environment where patrons and staff can maintain social distancing (a distance of six feet away from other persons) whenever possible. Restaurants at bowling alleys will be treated as restaurants while the bowling area is considered under gathering requirements.

Wedding and funeral receptions shall limit parties to no more than eight (8) individuals. Self-service buffets and self-service food bars are prohibited. Venue staff must serve food directly to attendees. Dancing is permitted at wedding receptions.

3. All businesses are hereby reminded to follow any COVID-19 related safety guidelines established or published by their respective professional, regulatory or advisory associations or agencies relating to or regarding the use of PPE.

4. Individuals who test positive for COVID-19 or who have the following symptoms—fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of shortness of breath—shall home-Isolate, unless Isolated in a health care facility, for a period of no less than ten (10) days from the date of the first-positive test or onset of symptoms per attached Quarantine and Isolation Directions. Individuals with the above-listed symptoms who have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition **not** subject to Isolation under this Order.

   Individuals who have had Close Contact (see attached Quarantine and Isolation Directions definitions) shall home-Quarantine, unless Quarantined in a health care facility, for a period of no less than fourteen (14) days from the date of their last exposure to a person who tested positive or exhibited or exhibits the above symptoms per attached Quarantine and Isolation Directions. Individuals who have had Close Contact with individuals who have tested positive for influenza or an alternative diagnosis including seasonal allergies or other chronic condition are **not** subject to Quarantine under this Order.

   Please see the attached, and hereby incorporated in full, Quarantine and Isolation directions, per 173 NAC 6-006.03B.

5. Team Sports have been characterized by contact level (contact, limited-contact, non-contact) based upon guidance from the April 2008 "American

Academy of Pediatrics Classification of Sports According to Contact". These categories will be used while determining the opening/restriction of team sports. In addition to the below Sports restrictions, the "Statewide Sports Reopening Guidelines" are hereby ordered, and fully incorporated herein. These guidelines shall govern all Adult, Youth and School Sports not otherwise specifically exempted.

Adult, Youth and School Limited and Non-contact team sports (including but not limited to: baseball, softball and volleyball) practices may continue per Statewide Sports Reopening Guidelines.

Adult, Youth, and School Limited and Non-contact team sports (including but not limited to: baseball, softball and volleyball) games may continue per Statewide Sports Reopening Guidelines.

Adult, Youth and School Rodeo events may continue per Statewide Sports Reopening Guidelines. Rodeo events must meet "Gathering" requirements contained herein.

Adult, Youth and School Contact sports (including but not limited to: basketball, tackle football, soccer, and wrestling) games and practices may begin July 1, 2020 per Statewide Sports Reopening Guidelines.

6. Religious services, including weddings or funerals, are allowed. During religious ceremonies and services, items should not be shared or distributed between different parties.

7. Daycare/childcare services: Not withstanding any other state statute, regulation, or order, daycare/childcare services may not exceed the lessor of the current license limit or:

    - Fifteen (15) children per room/space for infant to three (3) year olds
    - Twenty (20) children per room/space for three (3) year olds
    - Twenty-Four (24) Children per room/space for four (4) and five (5) year olds
    - Thirty (30) school-age (K-12) children per room/space

    Statutory and regulatory staff-to-child ratio requirements are still applicable and enforceable.

8. Every individual who enters the State of Nebraska as the final destination from any international point of origin, and individuals who reside or resided with an individual who enters the State of Nebraska as the final destination from any international point of origin, shall home-quarantine, per attached Quarantine and Isolation Directions, for a period of no less than fourteen (14) days from the time of entry into Nebraska or the duration of the individual's presence in Nebraska, whichever is shorter. This restriction

shall not apply to individuals traveling in connection with military service or in connection with employment at a health care facility.

9. Any employer required by law to provide housing to an employee or worker and who provides congregate or shared housing to employees or workers, must, at minimum, (1) post signage throughout the shared or congregate housing communicating prevention measures such as proper cleaning, disinfection, hand washing, cough etiquette, and avoiding non-essential physical contact, (2) daily clean and disinfect shared areas in such housing, (3) perform daily verbal screening and temperature checks of all employees or workers living in employer provided shared or congregate housing, (4) provide alternative housing arrangements for any employee or worker who tests positive for COVID-19 or who have the following symptoms – fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset or shortness of breath – separate from housing provided to employees or workers who test negative for COVID-19 or are without symptoms, (5) provide alternative housing arrangements for any employee or worker who had close contact with a confirmed or suspected COVID-19 case separate from housing provided to employees or workers who test negative for COVID-19 or are without symptoms, and separate from any employee or worker who tests positive for COVID-19 or who have the following symptoms – fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset or shortness of breath, and (6) thoroughly clean and disinfect all housing areas where a confirmed or suspected COVID-19 case spent time.

II. This order supersedes previous Directed Health Measure Orders 2020-001, 2020-002, 2020-003, 2020-004, 2020-005, 2020-006, 2020-007, 2020-008, 2020-009, 2020-010, 2020-011, SEHD-001, SEHD-002, SEHD-003 and SEHD-004 for the aforementioned county(s), provided, this Order does not supersede the provisions of any Directed Health Measure(s) issued by Local Health Departments, except that the Directed Health Measures contained in this order are binding and enforceable regardless of any Directed Health Measure(s) issued by Local Health Departments or municipalities.

This Order will remain in effect no longer than necessary to ensure that individuals or groups affected by COVID-19 no longer pose a public health threat.

Failure to comply with this Order will result in legal action for enforcement by civil and/or criminal remedies.

In the event of noncompliance with the terms of this Order, law enforcement and other Municipal and Local Public Health Department personnel will be required to aid the Department in enforcement of the Order, pursuant to 173 NAC 6 and NEB. REV. STAT. § 71-502.

Any person subject to this Order may request a contested case hearing to contest the validity of the Order. A request can be made to the DHHS Hearing Office by fax at 402-742-2376 or requested by phone at 402-471-7237.

Upon request, the Department will schedule a hearing to be held as soon as reasonably possible under the circumstances. Unless requested otherwise, the hearing will be scheduled no sooner than three days after the request is received by the Department. The hearing will be conducted in accord with the Department's rules of practice and procedure adopted pursuant to the Administrative Procedure Act.

The parties to the hearing will be limited to the Department and requesting party unless one or more additional persons have requested contested case hearings on substantially identical issues; the interests of administrative economy require that the matters be consolidated; and no party would be prejudiced by consolidation, in which case notice of the consolidation will issue.

A party may be represented by counsel at the party's own expense, or may appear *pro se* if a natural person.

Reasonable prior notice of the time and place for hearing will be given. The hearing may be conducted in whole or in part by telephone.

The purpose of the hearing is to determine if the factual bases for the Order exist and the reasonableness of the ordered measures. The Director may affirm, reverse or modify the Order by a written Findings of Fact, Conclusions of Law, and Order to be issued as soon as reasonably possible after the hearing.

For the Nebraska Department of Health and Human Services:

Gary Anthone MD

Gary Anthone, MD
Chief Medical Officer/Director of Public Health

7-28-20
Date

*Pursuant to Title 173 Neb. Admin. Code. Ch. 6, 007.02, this Order has been provided to and shall be disseminated through mass media.*

## Quarantine and Isolation Directions

**Symptoms of the subject disease and course of treatment:**

These symptoms may appear 2-14 days after exposure: fever of 100.4 degrees Fahrenheit or above, cough, and shortness of breath. Follow your medical provider's directions for course of treatment. Emergency warning signs for COVID-19 require medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face. Consult your medical provider for any other symptoms that are severe or concerning.

**Instructions on the disinfecting or disposal of any personal property;**

Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
    - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
        - Prepare a bleach solution by mixing:
            - 5 tablespoons (1/3rd cup) bleach per gallon of water or
            - 4 teaspoons bleach per quart of water
    - Products with EPA-approved emerging viral pathogen claims https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2 are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
    - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or Use products

with the EPA-approved emerging viral pathogens claims (examples at this link https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf that are suitable for porous surfaces.

Clothing, towels, linens and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
    - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
    - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
    - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
    - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

**Precautions to prevent the spread of the subject disease;**

Stay home except to get medical care.

- Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.
    - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

- When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Call ahead before visiting your doctor

- Call ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

- Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday

**You have a right to an independent medical exam at your own expense.**

**Provisions to ensure and monitor compliance;**

Self-monitor twice daily for fever and other symptoms listed above for fourteen days. Coordinate with your health care provider and local public health department.

Definitions:

**Close contact**: an individual who has been within 6 feet (2 meters) of a person who tested positive or someone with the following symptoms : fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, for at least 10 minutes.

**Quarantine**: persons with exposure to someone who tested positive or someone with the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, , or international travel, should remove themselves from situations where others could be exposed/infected, and self-monitor for symptom development.

**Isolation**: persons who have tested positive or who develop symptoms consistent with COVID-19 (fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of shortness of breath) should eliminate contact with others.

Isolation Directions:

Individuals who tested positive for COVID-19 who have symptoms or had the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, may discontinue quarantine under the following conditions:

- at least ten (10) days have passed since onset of symptoms **AND**
- symptoms have improved **AND**
- the individual has been fever-free for at least 72 hours without the use of fever-reducing medication.

Individuals who tested positive for COVID-19 who do NOT have symptoms may discontinue quarantine under the following conditions:

- at least ten (10) days have passed since the date of their 1st positive test **AND**
- have had no symptom development **AND**

- for 3 days following discontinuation of quarantine, these people must continue to limit contact (stay 6 feet away from others) and when possible wear a face covering (such as a bandana or cloth mask).

Quarantine Directions:

Individuals who are close contacts with a person who has tested positive or have the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, may discontinue quarantine under the following conditions:

- at least 14 days have passed since the last close contact exposure with positive individual or individual with symptoms listed above **AND**
- have had no symptom development

# Statewide Sports Reopening Guidelines

**Updated June 19, 2020**

The below guidelines lay out the planned reopening of certain sports. The State of Nebraska will utilize the April 2008 American Academy of Pediatrics Classification of Sports According to Contact as a guideline for opening sports of differing contact levels. Violation of these rules may mean a team is prohibited from practicing or playing games for the entire summer.

The below guidelines apply only to team sports. Individual sports such as golf and tennis (including doubles tennis) are not prohibited under any Directed Health Measure (DHM), however, participants must practice social/physical distancing.

## Classification of Team Sports According to Contact Level

| Contact | Limited-Contact | Non-Contact |
|---|---|---|
| Basketball | Baseball | Badminton |
| Boxing | Football, flag or touch | Bowling |
| Cheerleading | Softball | Crew/Rowing |
| Football, tackle | Volleyball | Curling |
| Gymnastics | | Dance |
| Hockey | | Rodeo* and horseback riding |
| Lacrosse | | Swimming |
| Martial arts | | Track and field events |
| Rugby | | |
| Soccer | | |
| Wrestling | | |

** Exception for rodeo as there is limited or no contact with other people, primary contact is with animals.*

## Timeline

- **June 1:**
  Noncontact and Limited-Contact Sports **practices** may begin unless circumstances dictate a change in date.

- **June 18:**
  Noncontact and Limited-Contact Sports **games** may begin unless circumstances dictate a change in date.

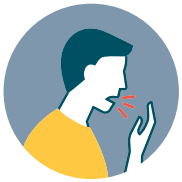
- **July 1:**
  Contact Sports **practices and games** may begin unless circumstances dictate a change in date.

***All counties and sports teams should refer to their local DHM for the most up-to-date information on restrictions. DHMs can be found at http://dhhs.ne.gov/Pages/COVID-19-Directed-Health-Measures.aspx.***

## Practices

- Schools are permitted to open weight rooms for use by all student athletes as long as they follow the same guidelines as fitness centers/clubs, gymnasiums, health clubs, and health spas.
- Players, coaches, and staff showing signs/symptoms of COVID-19 (fever over 100.4F, sudden onset of cough or sudden onset of shortness of breath) shall not participate.
  - For contact sports or sports in which players are routinely within six (6) feet throughout practices or games it is highly recommended to actively screen players, coaches, and staff prior to practice or game for signs/symptoms of COVID-19.
  - *For up-to-date information on the wide range of symptoms reported please refer to the CDC's "Symptoms of Coronavirus" found at* ***https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html****.*
- Dugout and bench use is allowed. Players should have designated spots to place their personal items.
- Parents should remain in their cars or drop off and pick players up afterwards.
- Players should use their own protective equipment including gloves, helmets, and bats as much as possible.
  - When protective equipment is needed to be shared, it should be disinfected between players use. Coaches are encouraged to rotate equipment when possible.
- Coaches must disinfect shared equipment before and after each practice.
- Players should wash their hands before and after each practice, especially for sports that contact between players or players handling/touching the same object(s) like a ball, mat, bats, etc.
- Coaches are responsible for ensuring social/physical distancing is maintained between players as much as possible. This means additional spacing between players while playing catch, during drills, or while waiting to participate. It is encouraged to use drills that do not require contact between players or players handling/ touching the same object(s) like a ball, mat, bats, etc., as much as possible.
- Players must bring their own water/beverage to consume during and after practice. No shared drinking fountains or coolers.
- Players must bring their own snacks to consume during and after practice. No shared/communal snacks.
  - The use of sunflower seeds, tobacco products, and spitting while practicing or playing is prohibited.

## Games

- For baseball and softball, the bleachers located between the dugout and home plate should be used to help spread out players. Players should have designated spots to place their personal items. Coaches should designate an adult who is responsible for ensuring players are seated on the benches unless they are actively participating in the game.
  - For all other sports, additional benches or bleachers should be used to spread out players. Players should have designated spots to place their personal items. Coaches must designate an adult who is responsible for ensuring players are seated on the benches unless they are actively participating in the game.
- Players should use their own equipment including gloves, helmets, and bats as much as possible.
  - When protective equipment is needed to be shared, it should be disinfected between players use.
  - Coaches are encouraged to rotate equipment when possible.
- Coaches must disinfect shared equipment before and after each game/match.
- Fan attendance *will follow gathering requirements under the Directed Health Measures and if the facility/ venue* has a capacity of 500 or more individuals, (1,000 or more in counties over 500,000 population) shall follow reopening plans submitted, reviewed, and approved by the Local Health Department by the facility. Fans should keep six (6) feet of social distancing between different groups. No fan seating or standing is allowed within in six (6) feet of the teams' benches or dugouts.
- Teams to play next must be provided designated areas for player warm-ups that provide for necessary physical/social distancing.
- Post-game handshakes or interaction between teams are prohibited.

- When games end, the leaving team must sanitize the dugout or bench area. No post-game talks at the field or court are permitted. Fans and players must leave the playing area and return to their cars immediately after the game.
- The team to play next must remain in their designated warm up area until the prior team has finished disinfecting and is completely out of the dugout or off of the court/field.
- Fans for upcoming games must remain in their cars during player warm ups. They will be permitted to come to the field/court once the team they are there to watch enters the playing area.
- Restrooms must be cleaned and disinfected regularly (at least every 2 hours) while players and fans are present. Markings should be placed on the ground to ensure individuals waiting to use the restroom are spaced six (6) feet apart.
- Players must bring their own water/beverage to consume during and after practices and games. No shared drinking fountains or coolers.
- Players must bring their own snacks to consume during and after practice/games. No shared/communal snacks.
  - The use of sunflower seeds, tobacco products, and spitting while practicing or playing is prohibited.
- Concession stands are allowed to open, if they meet the following:
  - Markings should be placed on the ground to ensure individuals are spaced six (6) feet apart.
  - Clean and disinfect high touch surfaces regularly while players and fans are present.
  - Staff must serve food directly to customers and remove self-serve condiment stations (e.g. provide customers with condiment packets upon request).
  - Whenever possible, practice social distancing between staff.
  - All employees directly interacting with customers should wear face coverings.
  - All food code regulations must still be followed.
  - Employees should wash hands frequently; provide hand sanitizer for customers.